

Daily Affirmations-April 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Friday, April 1 st	Looking to the future changes lives. Living in the past stops them.
Sat., April 2 nd	Realize something other than you runs the universe. Give in to it and experience peace.
Sunday, April 3 rd	Have faith. Believe!
Monday, April 4 th	Positive mind= positive future life.
Tuesday, April 5 th	I have a clearer mind than I did yesterday. I choose to be a better person today.
Wed., April 6 th	It's not over. Just a new start.
Thurs., April 7 th	If you knew better you would do better. Seek new knowledge and understanding.
Friday, April 8 th	Ask and you shall receive.
Sat., April 9 th	Every day is another day closer to your victory.
Sunday, April 10 th	Where there's a will there's a way. Always keep your faith.
Monday, April 11 th	While we have breath, we have time left.
Tues., April 12 th	I am a leader, not a follower
Wed., April 13 th	Today a minor setback. Tomorrow a major comeback.
Thurs., April 14 th	It takes a community.
Friday, April 15 th	Don't let one stone go unturned.
Sat., April 16 th	First you think. Then you react.
Sunday, April 17 th	For we know, all things work together for the good.
Mon., April 18 th	Win some, lose some. Live to fight another day.
Tues., April 19 th	Live today. Yesterday is gone. Have hope for tomorrow.
Wed., April 20 th	Caterpillar today. Butterfly tomorrow.
Thurs., April 21 st	Believe in life!
Fri., April 22 nd	Trouble doesn't last. Joy comes in the morning.
Sat., April 23 rd	I don't give up. I give it all I've got.
Sunday, April 24 th	Smile, Jesus loves you. And so do I.
Monday, April 25 th	Always stay gracious. Believe in yourself.
Tues., April 26 th	I treat people the way I want to be treated. ☺
Wed., April 27 th	Your possibilities are limitless. Stay focused on the positive.
Thurs., April 28 th	Keep smiling. It's contagious.
Friday, April 29 th	Someone somewhere has it worse than you. Keep your head up.
Sat., April 30 th	Nobody can love you like you can love you.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.